

## RECOMMENDED SCREENINGS AND IMMUNIZATIONS FOR WOMEN AT AVERAGE RISK FOR MOST DISEASES



**WomensHealth.gov**

**1-800-994-9662**

**TDD: 1-888-220-5446**

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
<b>General Health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Heart Health:</b> Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Bone Health:</b> Bone mineral density test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
<b>Diabetes:</b> Blood sugar test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
<b>Breast Health:</b> Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
<b>Reproductive Health:</b> Pap test & pelvic exam	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse.
Chlamydia test	If sexually active, yearly until age 25. Ages 26-39, if you are at high risk for chlamydia or other STDs, you may need this test.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.
Sexually Transmitted Disease (STD) tests	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.

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<b>Colorectal Health:</b> Fecal occult blood test			Yearly Yearly Flexible Sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years (if not having a colonoscopy) Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
<b>Eye and Ear Health:</b> Eye exam	Get your eyes checked if you have problems or visual changes.	Every 2-4 years	Every 2-4 years	Every 1-2 years
<b>Hearing test</b>	Starting at age 18, then every 10 years	Every 10 years	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Skin Health:</b> Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.
<b>Oral Health:</b> Dental exam	One to two times every year	One to two times every year One to two times every year	One to two times every year	
<b>Mental Health Screening</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Immunizations:</b> Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

Last Updated: January 2006